

Nutrition Education Class Codes - UWIN Computer

Policy

All class outlines must be reviewed and approved by the local agency Nutrition Preceptor. The local agency Nutrition Preceptor must submit all locally-developed or modified nutrition classes and materials to the State Nutrition Coordinator at least 2 weeks prior to scheduled teaching for review and comment. Any significant changes in class content from the original must also be submitted to the State office at least two weeks prior to teaching (does not include grammar, title changes). If you change only the title of a class - please retain the original title on the class somewhere as a reference.

*Denotes the class is on electronic file

Class List

P01 PRENATAL NUTRITION

- *Nutrition During Pregnancy
- Pregnancy and Drugs (with Nutrition)
- *What To Do About Gestational Diabetes
- Prenatal Nutrition
- *Special Needs of Pregnant Women Under 18 Years
- *Exercise During Pregnancy
- *Growing Healthy Babies
 - Facilitated Group Discussion
 - Traditional Format

B01 BREASTFEEDING

- The Benefits of Breastfeeding
- *Why Should I Breastfeed?
- *Breastfeeding: Nature's Way
- Breastfeeding; The Benefits, Myths, Assistance With
- Mother and Infants - Postpartum Mother and Infants 1-5 Months of Age
- Successful Breastfeeding: Getting Your Baby Off to a Healthy Start
- Breastfeeding While Working or Going to School
- Breastfeeding the Older Infant
- Breastfeeding and Nutrition
- *What Are Your Feelings About Breastfeeding?
 - Facilitated Group Discussion
 - Traditional Format

N01 POSTPARTUM HEALTH

- *Postpartum Weight Management
- Postpartum Health
- *Postpartum Nutrition
- Healthy Habits Between Pregnancies Help Make Healthy Babies
- Postpartum Adjustment: Nutritional and Psychological
- *Surviving After Birth

Facilitated Group Discussion
Traditional Format

I01 INFANT NUTRITION

- Choking (with nutrition component)
- Comprehensive Infant Feeding Class
- *Infant Nutrition -- It's Time to Start Eating Smart
- Nutrition for Infants 4-9 Months, Beyond Rice Cereal
- Transition to the Family Table Infant 9-15 Months
- Feeding the Older Baby 9-12 Months
- Feeding Your Baby - Bottle Feeding With Love
- Feeding Your Young Child
- Making and Freezing Your Own Baby Food
- *Feeding Your Infant
- *The Baby Weigh
- *Is Your Baby Ready To Eat

Facilitated Group Discussion
Traditional Format

C01 CHILDHOOD NUTRITION

- *Toddler Nutrition
- *Who's in Charge of the Food?
- *Guiding Children to Better Health -- The New Children's Food Guide Pyramid
- Do You Trust Your Child's Hunger
- Child Nutrition -- Get Your Child on the Road to a Healthful Diet
- Control Your Picky Eater
- *How to Make Sure Your Child Eats a Healthy Diet
- *Is My Child Developing Normally? Developmental Milestones.
- *The Sweet Tooth

Facilitated Group Discussion

BGT FOOD BUDGETING

- Smart Shopping Make Cents
- Skillful Shopping

BKF BREAKFAST

- Why Should We Eat Breakfast
- *Why Breakfast?
- Everyone Needs Breakfast
- *Breakfast Quick and Healthy
- *Start Your Day the Breakfast Way

Facilitated Group Discussion

CAL CALCIUM

- *Calcium
- Boning Up on Calcium
- *Beverage Choices for Children/Importance of Calcium
- *Calcium: No Bones About It...Less Bone Without It"

Facilitated Group Discussion

CHO CARBOHYDRATES

- *Carbohydrates

Crazy Carbs

Grains: The Base of the Food Pyramid

Grains and Cereals - Foundation of a Nutrition Diet

Carbohydrate: What Are They? Why Do We Need Them?

Pasta in a Healthy Diet

DEN DENTAL HEALTH

- *Myths and Facts About Dental Health and Nutrition

- *Good Nutrition for Good Dental Health

DIS NUTRITION AND DISEASE

- *Preventing Diabetes--What We Can Do

- *Taking Time Out For Health

- *Eat Right to Lower Your Risk of Cancer

- *Lower your Risk of Heart Disease

- *Staying Mentally and Nutritionally Healthy

Smoking and Good Nutrition Don't Mix

Using Good Nutrition and Health Habits to Prevent Illness

Preventing Heart Disease

Nutrition and Men's Diseases

- *Nutrition/Health Cures for the "Winter Blues"

What We Can Do to Prevent Diabetes

Using Nutrition to Prevent Cancer

Nutrition and Cancer Prevention

- *Nutrition and Stress Management

EXE EXERCISE

- *Let's Really Get Moving

Facilitated Discussion

- *Be Physically Active for Good Health

FAL FOOD ALLERGIES

Preventing/Reducing Allergies and Food Intolerances

Allergies in Infancy and Childhood

Allergies: Can They Be Prevented?

FAT

- *Fats

- *Which Fats are Best?

Where is the Fat?

- *Does Fat-Free Mean Healthy?

- *Is a Calorie a Calorie?

- *Fat Grams and Nutrition Labeling

FIB FIBER

Dietary Fiber - Jumping on the Bran Wagon

FLD FLUIDS

- *Water: Too Little, Too Much

Dangers of Alcohol

Fluids -- What To Drink When You're Ill

- *Nutritious Fluids - What Should I Drink?

FOL FOLIC ACID

- Folic Acid: Food or Supplement
 - *Folic Acid
- FST FAST FOODS
 - Healthier Choices When Eating Out
 - Healthy Eating When Eating Out
 - *Healthy Choices When Eating Out
 - Convenience Foods, Snacking, Fast Foods
 - *Fast Food: Healthier Choices When Eating Out
 - Facilitated Group Discussion
- GOAL GOAL SETTING
 - *Goal Setting 05
- HOL HOLIDAY EATING
 - Maintain, Don't Gain
 - Healthy Eating -- The 12 Days of Christmas
 - Healthy Holiday Eating
 - Holiday Hints
- ILL NUTRITION DURING ILLNESS
 - Feeding the Sick Child
 - *Dehydration, Diarrhea, Vomiting -- Nutrition for Children During Illness
- IRN ANEMIA AND IRON 34
 - Iron Deficiency Anemia - What is it? How Can We Prevent It?
 - *Concerns of Anemia
 - What is Anemia - Spanish
 - *Iron: Benefits and Risks
 - How To Have Healthy Blood
 - Facilitated Group Discussion
 - Traditional Format
- LBL NUTRITION LABELING
 - *Using Food Labels To Make Educated Food Choices
 - Read the Label, Set a Healthy Table
 - Using Nutrition Labels to Make Healthy Food Choices
- LED LEAD POISONING
 - Lead Poisoning
 - Lead: How Can We Prevent Lead Poisoning
- MIN MINERALS
 - *Minerals of Importance: Copper, Iron, Zinc, Lead
- MIS NUTRITION MISINFORMATION
 - *Food and Nutrition - How to be a Nutritional Judge
 - *Marketing Claims
 - *Nutritional Flip Flops - How to Know What's Correct
- MPL MEAL PLANNING/PREPARATION
 - *Bag it
 - Bake, Boil, Broil and More
 - Getting Back in the Kitchen
 - What's for Dinner?
 - Easy Meals for Busy Families

The Family Meal: Why We Need to Eat Together

- *The Importance of Family Meals

Variety and Health for Winter Meals

- *Low Fat Cooking - Making It Practically Painless

- *Easy Meals for Busy Families

 - Facilitated Group Discussion

 - Traditional Format

- *The Family Meal

Mealtime Routines

 - Facilitated Group Discussion

NUT NUTRITION

Folic Acid, Calcium and Iron: A Woman's Special Nutrition Needs

PAR PARENTING

- *Clap Your Hands

- *Facts of Family Feeding--Food or Feud

- *How to Get Your Toddler/Preschooler to Eat

- *The Media - How It Effects Health and What to Do About It

Nutrition, Tots and TV

Spending Time as a Family

Nurturing and Nutrition

Fitness - It's a Family Affair! (The Activity Pyramid)

Breastfeeding - Child Development - Loving and Holding Children

Facts of Family Feeding--Food or Feud

How to Get Your Toddler/Preschooler to Eat

The Media - How It Effects Health and What to Do About It

Is My Infant/Child Developing Normally?

- *Reward With Love

 - Facilitated Group Discussion

PLT NUTRITION AND PLANT FOODS

Plant Foods: Foods for a Healthy Life

Antioxidant Foods (Why We Need to Increase Plant Foods in Meals and Snacks)

PRO PROTEIN

Lowering Your Meat Bill - Meatless Meals

The Role of Protein in Preventing Anemia

Beans and Protein

Eggs and Good Nutrition

- *What Can I Do With My Eggs

Legumes: Make Them Fast, Easy and Healthy!

PYR FOOD GUIDE PYRAMID/DIETARY GUIDELINES

- *Use the Food Guide Pyramid

The New Children's Food Guide Pyramid: Guiding Children to Better Health

- *Serving Sizes - How Much is a Serving?

The Tip of the Food Guide Pyramid: How Many Servings Do I Get?

- *What Do We Mean By Serving Size?

SAF FOOD SAFETY

- Food Safety Class
- How Safe is Our Food?
- Keeping Our Food Safe
- Food Safety -- Dirty Little Secrets
- Summer Food Safety
- Getting Rid of Unwelcome Dinner Guests
- Food Sanitation

SLFPCD SELF PACED MODULES

- *Pregnancy
- *Breastfeeding
- *Infant

SNK SNACKS

- Snack Lesson Plan
- Healthy Eating Between Meals
- Nutritious Snacks to Go, Healthy Recipes to Go
- A Knack for Snacks
- Nutritious Summer Snacks

SOD SODIUM

- Sodium: How Careful Do We Need to Be?

SUP SUPPLEMENTS AND HERBS

- Herbal Products: What You Need to Know
- *Herbal Therapy and You
- Use and Misuse of Herbs
- Herbs and Supplements: Good Nutrition?

VEG FRUIT AND VEGETABLE GROUP

- Fruits and Vegetables
- Fiber, Fruit and Vegetables
- How to Eat Fruits and Vegetables When They Are Out of Season
- Gardening is for Kids
- Antioxidant Foods
- Parts of the Plant—Where Fruits and Vegetables Come From
- Phytochemicals: What Are They? What Do They Do? Where Do I Find Them?
- *Where Fruits and Vegetables Come From
- *Selecting and Storing Fresh Fruits and Vegetables
- *Preparing Fruits and Vegetables the Easy Way

VIT VITAMINS

VT A VITAMIN A

- *Who Wants to be a Millionaire?: Vitamin A
- Vitamin A Smarts
- Vitamin A
- The Whys and Hows of Getting Enough Vitamin A and Beta-Carotene

VTC VITAMIN C

- The ABC's of Vitamin C

WGT WEIGHT MANAGEMENT/EXERCISE

- How to Gently Change Your Family's Eating Habits

Preventing Obesity
Are All Calories Created Equal?
What is Hunger?
Using Nutrition and Exercise to Keep Us Young and Healthy-Updated Version
7/02
Fitness and Weight Management-Updated Version 7/02
Dieting Dangers (includes phen-fen issues)
Balance the Food You Eat With Physical Activity
Balance the Food You Eat With Physical Activity (The New American Plate)-
Updated Version 7/02

WIC WIC ISSUES

WIC Orientation
How to Qualify for WIC
Defining Terms: What Do Those Nutrition Words Mean?
Growth and Weight Gain During Pregnancy
The Purpose of WIC Foods

KIDS CLUB

I'm a Fit Kid!
Variety Wins the World's Greatest Food Contest
Food Pyramid - A Balancing Act
Healthy Foods vs. Junk Foods: Moderation Means Its All Okay
Milk Gives Me Calcium
Only Real Juice With Vitamin C for Me
Eggs are Exceptional
Beans are Beneficial
Peanut Butter Gives Me Protein Power
Grains are Great
Fruit and Vegetable Fun
I Try New Foods...Oh Yes I Do!!
I Can Grow a Garden
Rise and Shine with Breakfast
I'm a Smart Snacker
Good Manners Make Mealtime a Good Time
I'm a Happy, Helpful Shopper
Someone's in the Kitchen with Mommy...Me!
Hand Washing Keeps Me Healthy
Brush Away Tooth Decay
I Am Growing
I Have a Healthy Heart
Cowboy Red...The Iron Cowboy
National Nutrition Month: Eat Right America